

## TERAPI KOGNITIF DENGAN MODEL *GROUP DYNAMICS* TERHADAP PENURUNAN TINGKAT DEPRESI PASIEN DI RUMAH SAKIT JIWA

*(Cognitive Therapy Group Dynamics Model For Reducing  
the Level of Depressed Patients in Mental Hospital)*

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### ABSTRAK

Pendahuluan. Dampak buruk dari depresi adalah bunuh diri, ini membutuhkan penatalaksanaan yang komprehensif. Model terapi kognitif melalui kelompok dinamis mencoba untuk memecahkan masalah yang ada, dimana tubuh tidak dapat memberikan respon terhadap rangsang dalam meningkatkan serotonin. Tujuan dari penelitian ini adalah membuat model baru asuhan keperawatan, menjelaskan karakteristik individu dari pasien depresi, menjelaskan tingkat depresi dari pasien, dan membandingkan pasien depresi antara kelompok kontrol dan kelompok perlakuan. Metode. Desain penelitian ini adalah kuasi eksperimen dengan *pretest* dan *posttest* kelompok kontrol. Sampel pada penelitian diambil dengan teknik *purposive sampling*, yaitu pasien di rumah sakit jiwa dan dipilih dengan penyaringan dan kemudian mereka dipilih dengan kategori ringan dan sedang. Sampel terdiri dari 32 pasien, 16 pasien sebagai kelompok kontrol dan 16 pasien sebagai kelompok perlakuan. Pasien diberi model terapi selama satu bulan, dua kali dalam seminggu. Setelah itu tingkat depresi dinilai dengan kuesioner BECK. Data dianalisis dengan menggunakan independen *t test*. Hasil. Hasil menunjukkan bahwa distribusi tingkat depresi pada *pretest*, 62,5% ada pada depresi ringan pada kelompok perlakuan, dan 62,5% mengalami depresi sedang pada kelompok kontrol. Hasil dari *posttest*, depresi ringan menurun sampai 25% dan depresi sedang menurun sampai 37,5%. Hasil *t test* dapat disimpulkan bahwa dua kelompok ada pada rentang yang berbeda antara kelompok kontrol dan kelompok perlakuan dengan nilai *t* 7.000 dan 0.000. Diskusi. Penelitian selanjutnya lebih baik jika penatalaksanaan terapi dilakukan pada waktu yang lebih lama dan tingkat depresi dianalisis secara periodik.

**Kata Kunci:** terapi kognitif, kelompok dinamis, pasien depresi.

### ABSTRACT

**Introduction.** The worst impact of depression is suicide, it need comprehensive management. Model of cognitive therapy through group dynamics try to break the chain, so, that the body does not respond to stimuli that lead to increased serotonin. The purpose of this study was create a new model of nursing care, describe the personal characteristics of depressed patients, describe of the level of depressed patients and compare depressed patients between the control group and the treatment group. **Method.** The design of this study was quasi experiments with pre test and post test control group. The sample study used purposive sampling strategies, that was patients in mental hospitals and selected with screening and than they were chosen with mild and moderate categories. The samples were 32 patients, 16 patients were a control group and 16 patients were a treated group. Patients were given a therapy model for one month which is 2 times a week. After that the level of depression were measured by BECK questionnaires. The data were analyzed by using independent *t test*. **Result.** The results showed that the distribution of the level of depression at pretest, 62.5% of mild depression in the treatment group and 62.5% of moderate depression in the control group. The result of post test, the mild depression decreased to 25%, and the moderate depression to 37.5%. The *t test* results concluded that the two groups there was difference in rates of depression between the control group and the treated group with *t* value significance 7.000 and 0.000. **Discussion.** In future studies it would be better if the treatment done in the longer term and depression levels were analyzed periodically.

**Keywords:** Cognitive Therapy, Group Dynamics, Depressed Patients

### INTRODUCTION

Depression is the fourth contributor to global burden of disease. Rates of depression reach 121 million people a year and only about 30 percent of people with depression receive enough treatment. However, the technology is available and effective treatment of depression

is estimated 60 percent of all suicides related to depression (WHO). The survey results reported in some state that in Indonesia there are 12,638,008 people experiencing mild to moderate depression. Mild depression conditions if they are not addressed in a comprehensive will be a severe depression and lead to suicide.

When people face stress, the body is process a balance. The brain as a regulatory system will adjust the balance of the body in the process of adaptation to these stressors by increasing serotonin. Production of serotonin makes depression and risk of suicide (Stuart and Laraia, 2001, Altindag, 2007; Videbeck, 2010).

The impact of depression is suicidal, requires comprehensive management to achieve a comprehensive treatment that is needed cooperation among members of the health team. Nurses as one of the health professionals is essential to participate in nursing care through nursing care that refers to nursing diagnosis. One of the nursing cares that can be applied in the treatment of psychiatric nursing is a modality therapy. Type of modality therapy is patients experiencing stressors and impact on the thinking and behavior is cognitive therapy (Fortinash and Worret, 2005; Videbeck, 2010).

According Stuart and Laraia (2001) and Videbeck (2010), one component of positive thinking in cognitive therapy is resulted in a normal brain stimulus and reducing serotonin due to negative thoughts. While the group dynamics intends to give nurse and patient relationship becomes parallel to solve a common problem among some patients.

The modalities therapy is important to apply because of pharmacotherapy make dependency. Success of modality therapy nursing care, result in productive depressed patients. Patients can help themselves, make decisions for themselves and produce something positive life. So, it can improve the quality of life of depressed patients.

The purpose of this study was to create a body of knowledge, create a new model of nursing care, describe the personal characteristics of depressed patients, describe of the level of depressed patients and compare depressed patients between the control group and the treatment group.

## METHODS

The design of this study was quasy experiments with pretest and post test control group. The sample was taken by

using purposive sampling strategies, that was patients in mental hospitals and selected with screening and than they were chosen with mild and moderate categories.

Firstly, reseacher conducted skizoprenia screening in patients who have a similar problem in which patients who have predisposing factors to the problem of loss and grieving, then screening was conducted to determined level of depression are mild and moderate depression. The numbers of sample were 32 patients, 16 patients was a control group and 16 patients was a treated group. Secondly, patients were given a therapy model for one month which is 2 times a week.

After that the level of depressions were measured by BECK questionnaires. The instrument was modified from 21 questions about depression that was concluded (0-7) was normal, (8-10) was mild, (11-14) was moderate and (15-21) was severe. Cognitive therapy activities with dynamic group modified by cognitive therapy from Videbeck (2010), Marquis and Huston (2002). The data were analyzed by using independent t test.

## RESULTS

The results of the pretest showed that the distribution rates of depression in the treatment group of 62.5% of respondents were mild depression, and in the control group, 62.5% of respondents were moderate depression. The results of post-test, patients with mild depression decreased to 25%, and patients with moderate depression were being 37.5%. Whereas in the control, the group were not significant changes and high standard deviation value, this indicates that changes in levels of depression is low and they are varies patients of level mild and severe.

The results of paired sample t-test, the level of depression treatment group obtained t value 7000 with a probability value (p-value) 0.000, ( $<0.005$ ) thus concluded that there are significant differences in the mean level of depressive patients between pre-test and post-test in the experimental group. Furthermore, the results of paired sample t-test the level of depression patients of control group, obtained t value 0.424 with a probability value (p-value)

0.682 > 0.05, thus, concluded there was no significant difference in the mean level of depressive patients between pre-test and post test in the control group. The analysis showed that a significant decrease in depression levels of patients in the treatment group.

Moreover, based on the results of an independent sample t-test, data rates of depression post test scores obtained t value for 2160 with a p-value 0.049. Because of the p-value less than 0.05, so it was concluded that hypothesis was rejected, it means there are differences in the level of depression post-test between the treatment groups with the control group.

## DISCUSSION

Comparison of the average value between the two groups showed that the treatment group who received cognitive therapy group dynamics models has lower levels of depression than the control group. The analysis can be concluded that there is an influence of group dynamics model of cognitive therapy toward the level of depression in patients at the Mental Hospital of Surakarta.

The results are supported by Schuld and Videbeck (2010) that cognitive therapy is a structured form of psychotherapy, which aims to relieve symptoms and help clients to learn ways that more effectively to overcome the difficulties caused their suffering. The important part that is therapeutic in the treatment of cognitive problem-oriented and geared to solve problems that are psychological, as well as situational adds the client's problem. This technique also include ways used to assess situations and stress, perceptions of self, environment, and future, as well as beliefs and attitudes which are expected to aggravate emotional disturbance such as excessive anxiety that clients can aggravate depression patients.

The results of other studies are finding that supports Helen and John (2004), applying cognitive therapy in depressed patients who successfully lose recurrence patients. Some theories said that cognitive therapy can help the individual to think rationally so that the

lower levels of depression and lower recurrence rates.

The modalities therapy such as cognitive therapy group dynamics model successfully applied in depressed patients undergoing inpatient in the hospital. The results showed that are a positive impact of the application of cognitive therapy model of group dynamics to the decreasing in the level of depressed patients. Difficulty in this study is the discipline of respondents in the contract period. This problem is solved by giving a reward before treatment and set up an out of control sample.

## CONCLUSIONS AND RECOMMENDATION

### Conclusions

Cognitive therapy was dynamics model for reducing the level of depressed patients in mental hospital.

### Recommendation

The results of this study can be a basis for researchers who want to conduct research with same subject, and if possible do periodically analysis. In addition, this program should be carried out as hospital policy in doing one modality therapy psychiatric nursing in cooperation with institutions of nursing education.

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